

The GLP-1 Digestion Support Guide

Digestion often changes on GLP-1 medications. This guide covers the basics that can help support regularity, comfort, and better day-to-day tolerance.

1 Why digestion changes

- Slower stomach emptying and lower food volume can change bowel habits.



2 Constipation basics

- Common, especially when intake drops.
- Foods some people try: prunes, kiwifruit, ground flaxseed, and warm fluids in the morning.



3 Fiber basics

- Increase gently and pair with fluids.
- Healthy fiber sources to try: chia seeds, ground flaxseed, psyllium husk, oats, berries, and beans or lentils.
- If trying a fiber supplement like psyllium, start with a small amount and increase slowly to help avoid bloating.



4 Hydration

- Fluids matter for digestion and tolerance.
- Try water, herbal tea, broth, or naturally hydrating foods like cucumber and watermelon.
- Ask your clinician before adding electrolytes regularly.



5 Magnesium

- May support digestion, sleep, and nervous system function — ask your clinician.



6 Gentle food ideas

- Oatmeal, yogurt, fruit, soups, cooked vegetables, chia, and prunes.



Disclaimers & Notes

- This guide is educational and general in nature. It is not medical advice and does not replace individualized care from your prescriber, registered dietitian, or pharmacist.
- Magnesium and electrolyte use should be reviewed with your clinician, especially if you have kidney disease, high blood pressure, or take diuretics or blood pressure medication.
- Fiber should be increased gradually with adequate fluids — rapid increases can worsen bloating or discomfort.
- Severe pain, vomiting, or ongoing inability to go should be discussed with a clinician.